

## ABSTRACT OF THE DISCLOSURE

A marking method is provided which permits an easy detecting of the presence of a mark without using a specific reading apparatus, and is capable of  
5 avoiding a damage as well as a strength deterioration of an object material. The marking method comprises: preparing a marking object; converging, into the marking object, a laser beam having a wave length range so chosen that the laser beam can transmit through a material forming the marking object, and then effecting a multiple photon absorption; and moving a converging position of the  
10 laser beam, in a manner such that an area, whose refractive index is changed due to the multiple photon absorption, can form a diffraction pattern capable of diffracting a visible light.